



**DEPARTMENT OF THE ARMY  
27TH TRANSPORTATION BATTALION (MC)  
APO AE 09096**

REPLY TO  
ATTENTION OF

AETV-SCS-MC

9 September 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Battalion Policy Letter # 12: Weight Control

1. **PURPOSE.** This policy letter provides guidance for the evaluation of personnel who have been identified and enrolled in the Army Weight Control Program.

2. **INTENT.** In order to ensure quality Soldiers are ready and able to fulfill the rigid requirements of the United States Army as well as being prepared for war. It is imperative that this command monitors all personnel within the Weight Control Program to ensure all Army Regulations are followed. This process will prepare the Chain of Command to meet all required administrative actions as outlined in all applicable regulations.

3. **METHOD.** This policy provides guidance to ensure unit commanders understand the steps that must be taken within that time. We owe it to our Soldiers to help them become motivated to live a healthy lifestyle. We owe it to the Army to ensure we have trained and ready Soldiers who meet standards. Personnel identified will be processed through the below steps:

**a. Identification:** Once identified as overweight, unit Soldiers will be taped IAW AR 600-9. If found to be overweight unit soldiers will undergo a second tape to be administrated by the Unit Master Fitness NCO or verified by the local Troop Medical Clinic (TMC).

**b. Notification:** If found to be overweight by tape unit soldiers will then be entered into the Unit Weight Control Program within 30 days after identifying that the Soldier exceeds body fat standards. Weight Control packets will include the following as a minimum:

1). DA Form 4856 (Counseling) Completed by the unit 1SG – notification of failure to meet Army Standards IAW AR 600-9. (Include separation caution statement at bottom).

2). DA Form 4856 (Counseling) Completed by the unit 1SG – Notification of enrollment into the unit special population PT program.

3). DA Form 4856 (Counseling) Completed by the Unit Master Fitness Instructor Weight Control and Physical Fitness Program outline.

4). Memorandum for Record – Completed by the Commander requesting medical screening to the TMC

5). Memorandum for Record – Completed by TMC clearing entry into the special population PT Program.

6). All related Tape Tests during the flagged period

7). All Diagnostic APFT results completed during attendance in the special population APFT controlled period

8). All Dietary / Nutritional counselings and memorandums

9). All other related counselings

**c. Administration:**

1). **AR 600-8-22 (Suspension of Favorable Actions – FLAG):** Once identified the unit Soldier will be flagged for weight control and informed of the following in a counseling session:

a). That this flag action will block attendance at any full time civil or military school, promotion, assumption of command, and reenlistment or extension.

b). That a Soldier who is attending a civil or military school on the date of the flag will not be removed from such schooling.

c). That commanders may grant exceptions for reenlistment and extensions under certain medical conditions as advised by the supporting total Army Career Counselor.

d). That should the Soldier be identified on orders for reassignment, the soldier will depart station with a Transferable Flag to their next unit.

2). **AR 600-8-19 (Enlisted Promotions):** Once identified, Soldiers who are on a unit or DA promotion roster will be subjected to the following once they have between 1 & 11 months in the program:

a). **If weight progress is satisfactory:** Retain Soldier on the C-10 report up to 12 months.

b). **If weight progress is unsatisfactory:**

1. Conduct a Removal Board (Battalion Level – contact the CSM) E-4 & E-5.
2. Submit FLAG for Elimination (BA) to PD for auto removal for others discharge.
3. Submit approved Reenlistment Bar to PD for Automatic Removal (E-6 thru E-8).

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**c. Administrative Removal:** Soldiers who have met weight requirements IAW AR 600-9 will have the Flag removed but will be retained for one year on the unit Flag roster. Unit Soldiers will also be informed that should they be identified a second time as overweight within that year they will be considered for separation under the provisions of AR 635-200 (Chapt # 5 (18)).

**d. Monitoring & Assistance:** Soldiers enrolled in the Unit Weight Control Program will be sent to the Troop Medical Clinic for evaluation prior to entry into any unit weight control program and exercise regimen. Unit Soldier's will then complete a counseling session with the Unit Master Fitness Instructor to outline an individual exercise plan. They will also be scheduled for Nutritional Counseling within the first 30 days following the administrative flag date. Soldiers who are found with high blood pressure will be further evaluated by TMC and cleared. Once cleared, unit Soldiers will be counseled and given a diagnostic APFT and Tape test every 30 days to monitor progress.

**e. Separation:** Unit Soldiers who fail to meet established weight control objectives of this Chapter will be processed for separation and elimination from service under the following conditions:

1. Soldier does not meet criteria for different chapter
2. Soldier failed to meet body fat standards
3. Soldier enrolled in the overweight program
4. Physician determines it's not a medical problem
5. Soldier is given nutritional counseling
6. Soldier fails to lose any weight in two consecutive months or
7. Initiation of separation required when:
  - a. Fails to lose 3-8 pounds a month for 6 months or
  - b. Fails to meet body fat standards within 12 months of removal from program

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**4. CONCEPT.** Standards established by this policy letter are in accordance with DA published regulation and are to be used as a guide to properly process Soldiers who have difficulty meeting Army standards. Only by continuous assessment will the leadership within this Battalion be able to ensure Soldiers are fully ready and able to meet any unit goal as imposed by higher headquarters and dictated by this unit's wartime mission.

5. POC : CSM

WAYNE L. STULTZ  
LTC, TC  
Commanding

CF:  
CDR, HHC  
CDR, 619th MCT  
CDR, 626th MCT  
CDR, 627<sup>th</sup> MCT  
CDR, 633<sup>rd</sup> DET  
CDR, 634<sup>th</sup> DET  
CDR, 635<sup>th</sup> MRD